

BELIEVE - EVOLVE - ENRICH - SUPPORT

BGS BEES!

KEEPING BGS BUSY

HAPPY SONGS

THROWBACK SUMMER EDITION

1. Gwen Stefani- Sweet Escape
2. Rusted Root- Send me on my way
3. Hanson- MMMBop
4. Bob Marley- Three Little Birds
5. Reef- Place your hands



-GOOD NEWS-

Residents at a care home in West Lothian had some unusual visitors to cheer them up during their coronavirus isolation - alpacas.

To watch a video of this story, click here: https://www.bbc.co.uk/news/av/uk-scotland-52050755/coronavirus-alpacas-visit-care-home-to-cheer-up-residents?intlink_from_url=https%3A%2F%2F



KEEP BUSY

Make invisible ink! Take a cotton bud/ cocktail stick and dip it into lemon juice. Write on a piece of plain paper, and once it's dried your message will be invisible. If you heat the paper with a hairdryer, you will be able to see the message again.

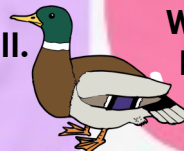
Why not set up an invisible ink treasure hunt for members of your household? Write the clues in invisible ink.



PE CHALLENGE JOKE

What did the duck say to the bartender?

Put it on my bill.



MINDFUL MOMENT

Roman Emperor Marcus Aurelius practiced what we would call Mindfulness during his difficult and turbulent life. Suffering from the grief of losing his children in their early lives, and leading the Roman Army to war, Aurelius wrote a journal from the battlefield. The work, known as his 'Meditations' reflected on the Ancient Greek Stoic philosophy that helped him to cope with the hardships he faced.

One activity Aurelius wrote of that you can try is called 'The view from above'. It is intended to put your worries into context, the context being the entire universe. Aurelius asks you to imagine yourself from above.

Then, move further and further away, seeing yourself as just one person in your town, one person in the country, one dot on the Earth, on microscopic point in the entire universe. Here are some of Aurelius' own reflections on this: "Think of substance in its entirety, of which you have the smallest of shares; and of time in its entirety, of which a brief and momentary span has been assigned to you".

RANDOM ACT OF KINDNESS

Have a pet that's keeping you entertained? Send a photo to a friend or family member of your pet's funniest moment to make them laugh! Don't have a pet of your own? Find a funny photo of your favourite animal to share.

For example, have a look at the mess Miss Kirby's dog has made!



CREATIVITY

Gardening is excellent for our mental health. Take the seeds out of a Bell Pepper, and, using an egg carton, plant them in some soil. Place them somewhere warm, like a kitchen windowsill, and water them when needed, but be careful not to over water (this would make the soil look soggy and clogged with water). In about a week you should see them start to grow!

TRY THIS

Learn Welsh! Try these phrases...

Hello, my name is... I live in... Do you want to go for a walk outside in the sun? Stay at home!

Fy enw I ydy... Dwi'n byw yn... Ydrych chi am fynd am dro y tu allan yn yr haul? Aros gartref!

'IN THE DEPTH OF WINTER, I FINALLY LEARNED THAT THERE WAS IN ME AN INVINCIBLE SUMMER.' *Albert Camus*